

Head Protection

WHY YOU NEED A HARDHAT

A hardhat protects you from injury to what's inside your head – your brain.

A brain injury can completely change your life. It can reduce your physical and mental abilities and alter your personality forever.

A hardhat helps prevent brain injury by reducing the impact when an object falls on your head or when your head strikes a surface.

How does a hardhat work?

The hard outer shell protects against impact and penetration from sharp objects.

The inner suspension system acts as a shock absorber, distributing the force of impact to a larger area.

6 STRATEGIES FOR HARDHAT CARE

- 1 Keep your hardhat clean by washing it regularly. Use warm soapy water. Don't use a harsh solvent.
- 2 Check your hat regularly. Look for signs of wear and damage such as cracks or creases in the shell or damage to the suspension.
- 3 Do not subject your hat to damage from the sun by leaving it outdoors or in a window.
- 4 Do not put things such as a warm hat or cool bandana inside your hat because this defeats the shock-absorbing purpose of the suspension system. If you need these extras, use a hardhat designed to work with them.
- 5 Never drill holes in your hat and never etch your initials in it. These and other alterations can damage your hat so it doesn't protect you the way it should.
- 6 If your hat has received a considerable impact, replace it. It may have received damage you cannot see.

3 ways to pick the right hardhat

1. Get advice from your supervisor about the kind of hardhat you need. Besides protection from impact, you might also need extra protection from electric shock, chemical spills and dust.
2. Get a hardhat that fits well. If it is comfortable, you will be more likely to be wearing it when needed.
3. If you can find a good-looking hardhat with a color or decoration that appeals to you, go for it. But don't improvise by painting it yourself because you might weaken the shell.

Wear it with pride

Make sure you wear your hardhat when required. It won't do you any good if it is still sitting in your locker or next to your lunch box in the truck. Wear it with pride, but be sure to wear it.